HSI HEALTH SCIENCES INSTITUTE

MEMBERS ALERT FOR DECEMBER 2014 Vol. 19, No. 4

HSI Advisory Panel

**Martin Milner, N.D.**
Professor, National College of Natural Medicine; President, Center for Natural Medicine, Portland, OR; www.cnm-inc.com

**Jon Barron**
International lecturer, researcher, and author, Los Angeles, CA

**Hyla Cass, M.D.**
Orthomolecular physician and psychiatrist, www.cassmd.com, Los Angeles, CA

**Richard Cohan, D.D.S., M.A., M.B.A.**
Professor, University of the Pacific School of Dentistry, San Francisco, CA

**Isaac Eliaz, M.D., M.S., L.Ac.**
Doctor and researcher specializing in integrative medicine and cancer. Sebastopol, CA

**M.M. Sree Ganesh, M.D.**
Family practitioner, holistic and natural medicine, Petaling Jaya, Malaysia

**Ann Louise Gittleman, Ph.D., C.N.S.**
Award-winning author, columnist, and media personality, www.annlouise.com, Hayden Lake, ID

**Elson Haas, M.D.**
Director, Preventive Medical Center of Marin, www.elsonhaas.com, San Rafael, CA

**Tadahiro (Kohhei) Makise, M.D.**
Medical director, Makise Clinic, Osaka, Japan

**Stephen Morrissey, O.M.D.**
Founder, Center for Energetic Medicine and Botanica Bioscience, Ojai, CA

**Michael E. Rosenbaum, M.D.**
Allergy, immunology, and clinical nutrition, Corte Madera, CA

**Allan Spreen, M.D.**
Advisor on alternative medicine, Discovery Channel, Phoenix, AZ

**Leslie Taylor**
Founder and president, Raintree Nutrition, Carson City, NV

*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

# "I don't want to go blind!" Save your vision... even if it's already in jeopardy... with this breakthrough sight preserver

*by Michele Cagan*

The descent to total darkness starts small.

At first, you might need a brighter light when you're reading, though some of the words still look blurry. Soon colors seem less bright.

Then there's a blurry or blank spot right in the middle of whatever you're looking at.

And that spot slowly grows, bigger and bigger, until...

Everything goes dark.

But if you can see this *at all*... there's still hope.

A breakthrough vision supplement can stop the decline into darkness, and save your vision—even if it's already starting to fade.

## Sight-stealing disease blinds millions of Americans

Age-related macular degeneration (AMD) slowly chips away at your life... and advanced AMD takes a devastating toll on everyone it touches.

This sight-stealing disease claims the vision (and independence) of millions of older Americans. Right now, around 15 million have some degree of AMD, but most don't know it yet, and they won't until their vision is obviously affected.

Current estimates say that about two million Americans have advanced AMD, and eight million more of us are at risk.

In fact, advanced AMD is the leading cause of vision loss in the U.S., and it's incurable... But it can be stopped, even if it's already progressing, even if it's already stolen the sight from one eye.

## This is where it starts

It's nearly impossible to avoid damage to your macula, a tiny oval-shaped, very yellow spot (made up of millions of tiny light-sensor cells) on the back of your eye.

Your macula gives you the sharp central, fine-detail vision you need for everyday tasks like driving, reading, cooking, and recognizing faces.

By just opening your eyes every day, your macula is exposed to ultraviolet light. That UV light pounds on your macula, causing oxidative damage.

And, over time, that damage impairs your central vision, making it look distorted and blurry, or dark.

If that's allowed to progress, you could go blind.

## Yellow spots sound the alarm

The first clues that AMD is coming are yellow deposits called drusen that show up in your retina (the layer of nerves that translates light into messages for your brain). You can't see these deposits, but your eye doctor

*(continued on next page)*

*Inside*

Overcome advanced, resistant pancreatic cancer with this natural herb .....3

Restore your vitality with the "Miracle Tree" .....4

HSI Health Sciences Institute

**Our Mission**

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

**Director** Jenny Thompson

**Managing Editor** Michele Cagan

**Associate Director** Michelle Richenderfer

**Designer** Matthew S. Mayer

To contact the Health Sciences Institute members services hotline, please call (443)353-4208, fax to (410)558-6359, or write to Health Sciences Institute, 819 N. Charles St., Baltimore, MD 21201. All cancellations should be mailed to P.O. Box 960, Frederick, MD, 21705. You may also contact a member services specialist via e-mail at www.newmarkethealth.com/hsicontact/hsi_contact_form.htm.

Your private Members Alert is a monthly publication of the Health Sciences Institute. ©Copyright 2014 Institute for Health Sciences L.L.C., 702 Cathedral St., Baltimore, MD 21201. Published monthly for $74 per year ($6.16 an issue). POSTMASTER: Send address changes to Health Sciences Institute, 702 Cathedral St., Baltimore, MD 21201. All rights reserved. No part of this report may be reproduced by any means or for any reason without the consent of the publisher.

This information is provided as information only and may not be construed as medical advice or instruction. No action should be taken based solely on the contents of this publication. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

## Save your vision while you still can

*(continued from page 1)*

can—it's what he's looking for when he dilates your eyes during your exam.

Small drusen show up as a normal part of aging. But large drusen increase your risk of vision loss.

In time, your retinas start to break down wherever large drusen exist, a clear sign of AMD.

But if you catch the drusen in time, you have a chance to stop the damage, and save your sight.

### Wet is worse than dry

Dry AMD—characterized by large drusen—happens slowly, and doesn't always cause complete blindness.

Wet AMD (also called neovascular AMD), on the other hand, comes much faster, and strikes harder, often causing extreme vision loss.

In wet AMD, new unnecessary blood vessels suddenly grow behind your retina, under the macula. These vessels can leak blood and fluid, which then damage or kill the light-sensitive cells you need to see... causing sudden, irreparable vision loss.

And while many more people have dry AMD, wet AMD causes about 90% of the blindness linked with the disease.

Unfortunately, both types of AMD can strike the same person... even in the same eye. In fact, sometimes dry AMD leads to wet AMD... unless you stop it.

### Sticking needles in your eye

Conventional medicine can't do anything to reverse the damage brought by wet AMD, but there are some therapies eye doctors use to *try* to prevent more vision loss.

It doesn't always work—the condition can get worse even with the treatment. And the most common treatment is pretty scary and gross: needles in your eyeball.

To stop wet AMD from progressing, the eye doctor will inject some drugs directly into your eye. These drugs are designed to stop those abnormal blood vessels from growing.

And for the drugs to work at all, you may need to get multiple injections every month.

Luckily, you have another choice, one that's much easier to swallow.

### No more needles in her eye

Martha Stern relied on her eyesight—for her work, and for her independence.

But around 6 years ago, the 78-year-old jewelry designer was struck with dry macular degeneration (the slower disease). And to preserve her precious vision, Martha endured the most common conventional treatment...

Sticking needles in her eye.

For six years, Martha's daughter drove her to the specialist every five months for the procedure. Once there, the doctor injected a fluid directly into Martha's eye. For the next couple of days, Martha would feel horrible, especially those times when the doctor accidentally hit a blood vessel in her eye.

Then her daughter discovered hyaluronic acid, and gave some to her mother to take, which she did, every day.

At the next appointment, the doctor was shocked. Martha's eyes had kept their shape (something that deteriorates with macular degeneration), and her vision improved to better than 20/20!

And when her daughter told the doctor what Martha was doing, he said, "Keep doing it."

### Give your eyes exactly what they need to see

Your eyes are unlike any other part of your body, and they need specific nutrients to function properly, and to ward off the many issues that can impact your sight...

- AMD
- torn retina
- retinal detachment
- uveitis (inflammation of the eye)
- cataracts
- dry eyes
- floaters

*(continued on page 6)*

# Survive a pancreatic cancer "death sentence" without sacrificing your quality of life

*by Michele Cagan*

With a devastating 5% survival rate at the five-year mark, pancreatic cancer is usually considered a death sentence.

It's one of the most deadly cancers we know.

And while there are some aggressive conventional treatments, none of them do much to prolong life... and they ALL do a lot to destroy your quality of life.

Worse, pancreatic cancer is very likely to become drug-resistant, quickly: Meaning that even the harshest conventional approaches soon won't be able to offer hope for long.

But there is something you can do to give yourself a better chance to survive and thrive: a safe, effective, nontoxic plant extract can tip the scales in your favor.

## A tragic diagnosis

It's tragically sad, and true: almost everyone diagnosed with pancreatic cancer dies within five years.

According to the latest estimates, approximately 46,000 Americans will be diagnosed with pancreatic cancer in 2014... and nearly 40,000 pancreatic cancer patients will die.

Even the few patients diagnosed early with stage 1 (localized) pancreatic cancer face a grim 25.8% five-year survival rate. Sadly, most patients are diagnosed in much later stages, where the five-year survival rate drops as low as 2.3%.

Despite all the advances we've made, pancreatic cancer is nearly impossible to detect early. And by the time it is detectable, the cancer is usually so advanced that conventional treatments can't offer much hope.

## This cancer hides until it's too late

Pancreatic cancer, like the organ it first impacts, is very hard to spot. For one thing, your pancreas is a fairly small organ, nestled behind other organs, including your liver, spleen, and stomach.

On top of that, pancreatic cancer typically doesn't cause any obvious symptoms, making it nearly impossible for victims to realize something is wrong. By the time they do notice symptoms, they're often misdiagnosed, because they're similar to the symptoms of many other illnesses:

- abdominal pain
- loss of appetite
- weight loss
- back pain
- fatigue
- jaundice

By the time a correct diagnosis is made, the cancer is usually already advanced, and probably spreading.

And then comes the resistance. Pancreatic cancer tumor cells frequently resist treatment, still growing and spreading even as patients endure chemotherapy and radiation therapy.

But that doesn't mean oncologists don't urge their patients to undergo the harshest treatments, in an effort to buy them just a little more time.

## Devastating treatments, disheartening results

Even the "most effective" chemotherapies for pancreatic cancer offer dismal results.

A trial pitting two of the most used treatments for advanced pancreatic cancer against each other found that one (gemcitabine, of GEM) had a "significant improvement in survival" over another (called 5-FU). The significant improvement offered a paltry 18% one-year survival rate in the GEM group compared to a devastating 2% rate using 5-FU.[1]

Another trial looking at GEM alone against GEM with another chemotherapy (nab-paclitaxel) concluded that the combination therapy should be a "standard treatment option for patients with advanced pancreatic cancer." That conclusion is based on a median overall survival time of 8.5 months in the combination group compared to 6.7 months in the GEM group, and the discovery that the combination therapy was more toxic than GEM alone, meaning it caused horrible side effects in even more patients.[2]

A third trial compared GEM to a different combination therapy called FOLFIRINOX which uses four powerful chemotherapy agents (oxaliplatin, irinotecan, leucovorin, and 5-FU). Again the median overall survival rate was higher in the combination group, but still dismal: 11.1 months for FOLFIRINOX compared to 6.8 months for GEM. And, again, the combination therapy was much more toxic—so much more that patients in the combination group saw a "definitive degradation of quality of life."[3] Yet this toxic treatment is considered a standard treatment option for pancreatic cancer patients.

So it seems the harshest treatments may offer desperate pancreatic cancer patients a little more time.

But what kind of time will it be?

## A major blow to quality of life

If you or your loved one is dealing with this crushing diagnosis, you may consider trying anything that will give you some more time.

But time feeling so sick you can barely exist, time that you're unable to spend with family and friends, time when you feel nothing like yourself—that may not be the kind of time you want.

Unfortunately, that is the kind of time even the "least toxic" (GEM) of these powerful chemotherapies can offer. The most common side effects can very negatively impact your life every day:

- Increased risk of infection
- Increased risk of bleeding

*(continued on page 5)*

# Life-sustaining tea from the "Miracle Tree" restores health and vitality

*by Michele Cagan*

No other plant on God's earth contains the nourishment of the "Miracle Tree."

Packed with more nutrients—both in number and amount—than virtually any other food, this tree is revered around the world.

Different parts and extracts from this tree have been used for generations to treat hundreds of diseases. In fact, every single part of the tree comes packed with benefits.

Most of all, its leaves restore and sustain health, energy, and vitality.

## "Never Die"

Throughout Africa, moringa trees are called (names that translate to) "never die" and "the only thing that grows in the dry season."

That's because *Moringa oleifera* trees survive and thrive in dire conditions, even growing in inhospitable soils. They grow back after being chopped down.

And they're one of the only trees on earth that can provide fruit during times of drought.

One reason for that is the plants hold high concentrations of electrolytes, which allows them to stay hydrated even in desert-like conditions.

And this tree shares its strengths with us, from seeds to roots to leaves.

## Hundreds of medical uses

Benefits are found in every single part of the moringa tree—and most are put to medicinal use.

Of course not every part contains the same healing powers, and that can even vary from tree to tree.

But traditional use and a growing body of science have shown that various parts of the moringa can be used to treat a wide range of ailments, including[1,2,3]:

- "tired blood" (anemia)
- joint pain
- asthma
- diabetes
- diarrhea
- high blood pressure
- high cholesterol
- malnutrition

In fact, the moringa is the best weapon for fighting malnutrition,[4] as its leaves hold dozens of nutrients, in high concentrations, even when they're dried.

## More iron than a plate full of spinach

Moringa leaves are packed with an astonishing number of nutrients, unheard of in any other plant. What's more, most of the nutrient concentrations (except for vitamin C) *increase* when the leaves are dried—as they are for tea.

To really shine a light on this nourishing leaf, researchers compared its nutrient content to common foods using a serving size of 100 grams—about 3.5 ounces—each. Here's how dried moringa leaves stacked up:

- 16 times more calcium than milk
- 24 times more iron than spinach
- 15 times more potassium than banana
- 8 times more protein than yogurt

Of course, these are just a very few of the total nutrients found in moringa leaves.

## Moringa by the numbers

When it comes to an impressive nutrient list, you can't do better than moringa.

This amazing plant contains:

- 46 antioxidants
- 36 anti-inflammatory compounds
- 18 amino acids (every single one that we need)

### Anti-nourishment

A lot of the foods we eat actually deplete our bodies rather than nourishing us. Some foods actually steal our essential nutrients, leaving us with less than before we ate.

On top of that, moringa contains a full roster of vitamins and minerals, protein, fat, and fiber.

But it also contains a very rare and rich combination of compounds not normally found together.

## Unique antioxidant and anti-inflammatory combination

Unlike any other plant on earth, moringa contains a special combination of unusual antioxidants and anti-inflammatory compounds.

**Zeatin** is a powerful antioxidant with an anti-aging impact.

**Quercetin** quiets inflammation and neutralizes harmful free radicals.

**Caffeoylquinic** acid, typically found in coffee beans, has potent antioxidant effects.

**Kaempferol** is a flavonoid known to fight inflammation and support optimal cellular function.

To find all of these compounds plus the very long list of nutrients found in moringa leaves, you'd need to take a very big horse pill. Instead, moringa leaf tea can provide what you need to feel energetic and brimming with health.

## Moringa Tea restores and revitalizes

With an unheard of combination of nutrients and healing compounds, moringa really is a "Miracle Tree." You can reap the benefits of this nourishing powerhouse with a simple cup of tea every day.

To make this rich tea, simply add one tea bag to a cup of boiled water, and steep it for about ten minutes.

And to squeeze every last drop of benefit from this tea, you can also consume the tea leaves.

The manufacturer recommends drinking two to three cups per day, after meals.

You can find ordering information for Moringa tea in your Member Source Directory on page 8. HSI

*(continued from page 3)*

- Anemia
- Feeling weak and tired
- Nausea and vomiting
- Fevers
- Swollen arms and legs (and possibly other parts of your body)
- Rashes

And less common, but still impacting many patients getting this treatment, are the frightening potential effects like fainting, blindness, kidney failure, liver failure, and death.

Despite the terrible odds and the possibly crippling side effects, many pancreatic cancer patients choose to try chemotherapy, hoping and praying for a positive result. But what if you could have a more positive result, extra time that was *good* time?

## This natural compound could change everything

I want to be clear: Right now, there is nothing we know of that will cure advanced pancreatic cancer completely.

But there is a remarkable natural compound that may make a world of difference in your life if you've been given that diagnosis. This compound has not been tested in any human trials yet, though researchers are beginning to plan them after success in the lab and in animal testing.

Some cutting edge doctors are starting to try it with patients—especially patients with drug resistant tumors—and are cautiously optimistic that this compound just may offer respite from the disease and offer an improved quality of life, even in the final days.

And even though we haven't seen a lot of clinical evidence, yet, it does offer some hope for this hopeless cancer.

## African herb perfected with French ingenuity

In the heart of Africa grows a medicinal shrub known as *Rauwolfia vomitoria,* a plant used traditionally for generations.

But along with its healing properties comes a problem. In its natural state, Rauwolfia contains a potentially toxic compound called reserpine. Reserpine has been used as a medicine, particularly to lower blood pressure. But it has nothing at all to do with Rauwolfia's impact on cancer cells.

That secondary power was uncovered by a brilliant French biochemist named Dr. Mirko Beljanski. Instead of reserpine, he focused on another alkaloid in the plant called alstonine, and developed an extract rich in this compound.

With the reserpine removed, Beljanski's Rauwolfia extract was nontoxic, and had no impact on blood pressure... but it did do something very special.

## Detecting cancer cells with pinpoint accuracy

Alstonine, as it turns out, has a highly selective effect on certain cancer cells.

Unlike pharmaceutical cancer drugs, Beljanski's Rauwolfia extract has pinpoint accuracy when it comes to detecting pancreatic cancer cells. That allows the herb to selectively detect and target tumors, while leaving healthy cells untouched.

And that led Dr. Beljanski to a remarkable discovery, an idea so revolutionary he received a patent for the work. Since the Rauwolfia was so good at identifying tumors, it could be used as a diagnostic tool. When Rauwolfia concentrates in cancer cells (and only in cancer cells), it can be seen under an ultraviolet light, clearly marking tumors.

That unique ability is what makes Dr. Beljanski's Rauwolfia extract, called ROVOL V®, safe and effective for fighting pancreatic cancer. It targets only cancer cells, and in some critically important ways.

## Stopping pancreatic cancer, reversing drug resistance

What this remarkable compound appears to do (again, only in lab and animal tests) is nothing short of miraculous.

And, hopefully, soon we will see some human trials that confirm the stunning results of preliminary studies.

The most recent study[4] uncovered some truly amazing properties. Dr. Beljanski's Rauwolfia extract was able to:

- reverse drug resistance in pancreatic cancer cells, allowing once ineffective chemotherapies to work again
- prevent new tumors from forming
- shrink existing tumors
- stop cancer cells from spreading (metastasis), so the disease remains localized and easier to manage

After an *in vitro* study showed the Rauwolfia extract's cancer-fighting capabilities in initial lab studies, killing cancer cells and preventing them from forming tumors, the researchers moved to an in-depth animal study. Mice injected with pancreatic cancer cells were split into four groups: one group was treated with Rauwolfia, one with gemcitabine (GEM), one with a combination of Rauwolfia and GEM, and one control group with no treatment. The results were nothing short of astonishing.

## 56% decrease in tumor size

Let's jump right in here. As expected, the drug-resistant tumors did not respond to GEM on its own. But they did respond to Rauwolfia.

All by itself, a low dose of Rauwolfia reduced tumor size by 53%. And when Rauwolfia was combined with GEM, tumor size shrunk by 56%—virtually unheard of when it comes to pancreatic cancer.

Most promising: Two of the mice in the combination group had "complete tumor regression." Their tumors were completely vanquished, gone.

And when it came to cancer spread, the herb made a real difference there as well. All of the mice in the GEM group suffered from metastasis—their cancer spread. Of the mice getting the lower Rauwolfia dose, 12% had no metastasis at all. And in the higher dose Rauwolfia group (whether alone or combined with GEM), an incredible 40% of mice had no metastasis.

Even though this has not been confirmed in human studies *yet,* the possibility of a more effective, less harmful pancreatic cancer treatment exists. And

*(continued on page 8)*

*(continued from page 2)*

Not everything on that list will cause vision loss. In fact the two most common eye-related issues are more annoying (most of the time) than dangerous: dry eyes and floaters.

### Where floaters come from

There's a reason your eyes are eye*balls*.

That's due to a gel-like substance, called vitreous humor, which gives your eyes their shape.

When the vitreous humor changes consistency, getting more liquid-like and less gel-like, it can shrink and sag. When that happens, and it does happen normally with aging, the vitreous can get a little clumpy and stringy.

Those 'strings' cast miniature shadows on our retina—but, to you, they look like tiny floating strands.

Those floaters, as they're called, can be very distracting, especially at first. They can show up looking like specks, squiggly lines, cobwebs, or tiny thin threads. And when your eyes move to catch a better glimpse, they seem to dart away.

But there is a way to stop new floaters from forming—by rehydrating the vitreous humor.

And there's just one substance that can do just that.

### What your eyes need more than anything

The vitreous humor in your eyes is made up almost entirely of a compound called hyaluronic acid, HA.

It's that HA that forms the "gel" that gives your eyes their round shape, and without enough HA, they can actually lose their shape. It's so important, that during eye surgery, HA is usually injected into the eyes to help them keep their shape.

And it does more than that.

The vitreous humor also acts as a shock absorber. When you walk, run, jump, or fall, it keeps your eyes from getting jolted. So when it starts losing HA and that gel consistency breaks down, there's less padding to keep your eyes from feeling jarred when you move around.

Plus, that HA gel transports much-needed nutrients into your eyes, including specific antioxidants proven to preserve your vision.

### Using it faster than you can make it

Your body naturally creates HA... but there's a catch.

HA molecules last for less than three days before they're broken down and eliminated. In fact, your body uses up about one-third of its HA supply every day. So it has to replenish HA constantly.

And that's particularly important when it comes to your eyes.

Unfortunately, as we get older, HA production naturally decreases, more and more every year.

And by the time we hit middle age, we just can't make it as fast as we use it... and that shows up in our skin, joints, and eyes.

### Size matters

When your body makes HA, it creates large molecules with a high molecular weight. And that large molecule size is key—it allows for more absorption, and better lubrication where your body needs it (like between your joints, and in your skin).

You see, HA loves water. It binds with water, and holds it—and the bigger the molecule, the more water it can take. And it's that HA and water combination that keeps your joints cushioned, your skin supple, and your eyes hydrated and lubricated.

But a lot of HA supplements, especially ones derived from animal sources, have low molecular weight. That means there's less surface area to bind with water, so they don't work as well.

So when it comes to HA, make sure you get the best.

### The best source of HA

When it comes to supplements, HA comes mainly from three sources:

- Rooster combs
- Hydrolyzed chicken breast cartilage
- Natural microbial fermentation

Rooster combs and chicken cartilage usually supply small pieces of HA, and your body has to work to put them together.

Natural microbial fermentation, however, creates almost precisely the HA that your body would create if it could. It's long-lasting, better for lubrication, and you only need a little to reap very big benefits.

That's exactly the kind of HA you'll find in HylaVision, a breakthrough formula that can begin saving your sight the moment you start taking it. And along with crucial HA, HylaVision includes all of the proven sight-preserving nutrients from the one of the largest trials ever run... and more.

### A dramatic 30% drop in advanced AMD

It was the largest vision-nutrient trial ever run.

To learn whether a specific combination of nutrients could slow down or even stop AMD progression, the NIH (National Institutes of Health) launched a very large placebo-controlled study known as AREDS.

AREDS included 4,757 participants, all at risk of developing advanced AMD. The subjects were split into groups, one taking a placebo, and the other taking a nutrient formula containing:

- 500 mg of vitamin C (the nerve cells in your eye need this vitamin to function properly)
- 400 IU of vitamin E (a powerfully protective antioxidant)
- 15 mg beta-carotene (used to make vitamin A, which your retinas need to detect light)
- 80 mg zinc (found in high levels in the macula)
- 2 mg copper (needed to balance zinc)

*(continued on next page)*

By the end of the five-year trial, people in the nutrients formula group were up to 30% less likely than the placebo group to develop advanced AMD over the next five years. That reduction was largely due to substantially fewer cases of wet AMD in the formula group.

But the research didn't end there...

## Refining the AREDS formula in AREDS2

Five years after the results of that study came in, they launched a second study (AREDS2, in 2006), to see if refinements to the formula brought better results.

More than 3,500 people from the AREDS study joined the second trial, putting the total at more than 4,200 AREDS2 participants.

This time, the subjects were split into five groups, testing different variations on the original formula (against a placebo). Now, the researchers tried adding (overall, but not necessarily in each test formula) lutein and zeaxanthin, and omega-3 fatty acids. In some formulas, they also took out the beta-carotene and lowered the zinc dosage.

AREDS2 results weren't very different from the original study, but they did shine a light on two very important nutrients for your eyes: lutein and zeaxanthin.

## Only these two have a place in your eyes

There's no question: lutein and zeaxanthin are critical to your vision. In fact, they are the only carotenoids (out of more than 20) that accumulate in your eyes[1], and directly keep them healthy.

Lutein and zeaxanthin, found mainly in green leafy vegetables, give warm yellow coloring to corn, egg yolks, and marigolds. And they also provide essential pigments that your retina and macula need to remain healthy.

Both of these powerful antioxidants work to absorb harmful ultraviolet light rays so they can't damage your eyes.

And studies clearly demonstrate their AMD-fighting capabilities...

- A new study[2] found that supplementing with lutein and zeaxanthin significantly boosted MPOD in patients with early AMD
- An earlier study[3] saw similar results, improvements in MPOD and the central retinas of patients with early AMD taking lutein and zeaxanthin
- Another study showed[4] that patients with early stage AMD who took lutein and zeaxanthin saw improvements in their vision, MPOD, and contrast sensitivity (making objects stand out more clearly from the background)

But it's not just your eyes that rely on this antioxidant pair...

## Helping you know what you're seeing

And on top of what these two antioxidants do *in* your eyes, they also impact your visual judgment, according to a brand new study.[5] The amount of lutein and zeaxanthin present in your eye affects your cognitive processes related to vision.

In this study, scientists measured the amount of lutein and zeaxanthin in subjects' eyes, then gave them a special test known as JLOT (judgment of line orientation task) to evaluate how well they could match the angle and orientation of lines, related to spatial reasoning.

The adults with higher levels of lutein and zeaxanthin in their eyes performed better on the tests, meaning their brains were activated differently allowing for better visual integrity.

### The surprising Alzheimer's connection

A new human study[7] found the two carotenoids crucial for eye health also play a key role in Alzheimer's disease. Researchers discovered that Alzheimer's patients had lower blood levels of both lutein and zeaxanthin, had worse vision, and were more likely to suffer from age-related macular degeneration than control subjects.

And another placebo-controlled trial[6] found that supplementing with lutein and zeaxanthin significantly improved visual processing speed... even in young, healthy eyes.

## The NIH overlooked this sight-saving fruit

The AREDS studies provided crucial proof that specific supplements are the key to saving your sight.

But they left out a very important sight-saving fruit: bilberry.

Best known for improving night vision, this exceptionally antioxidant-rich berry is rich in protective anthocyanins, which provide its deep blue-black color.[8]

Backed by generations of use and a stack of scientific studies, bilberry promotes clear, sharp vision and helps treat eye disorders. This tiny powerhouse has been used to treat:

- AMD
- Cataracts
- Retinopathy (damage to the retina)
- Eye strain
- Near-sightedness (slowed progression)

HylaVision adds bilberry to the proven nutrients of the AREDS trials and, most important, the substance your eyes need more than any other: HA.

Together, this combination of ingredients can help you keep your vision longer... and maybe even make it better and stronger.

## HylaVision can protect and preserve your precious sight

Whether you're already struggling with a sight-stealing eye disease like AMD or you just want to get rid of those pesky floaters, HylaVision contains exactly what your eyes need to do their crucially important job.

The manufacturer recommends taking two capsules once a day, with food.

You can find ordering information for HylaVision in your Member Source Directory on page 8. HSI

*(continued from page 5)*

since this herbal preparation is nontoxic, there's virtually no risk in trying it.

But there's everything to gain: more time with your family and friends, and a better quality of life, so you don't have to spend your final days in chemo-induced agony.

## "It has been 25 years, and I've been in good health"

John Laughlin's story is not typical for pancreatic cancer patients, but it is remarkable.

When John was just a couple of years away from retirement, he began to suffer digestive problems. He went to the doctor, and from there to many specialists. After a while, his diagnosis was confirmed, and the outlook was poor: he had a malignant pancreatic tumor.

Unfortunately, his tumor couldn't be removed. Worse, it was resistant to both radiation and chemotherapy.

"My wife asked the doctor what we could do. He told her 'Well, nothing, Ma'am.' So she asked him how long I had left. And he told us 'Two months, three months, maybe more, maybe less.'"Luckily, soon after that John met a doctor who knew about Dr. Beljanski's work. And John soon began taking ROVOL V, Beljanksi's Rauwolfia preparation, along with some other supplements. The Rauwolfia's effectiveness was quickly apparent. The tumor stopped growing, and the hospital treatments (radiation and chemotherapy) began to work.

"Over the course of the next year, there were highs and lows, but all of it was with a minimum of suffering. Even after completing the radiation therapy, I continued with the Rauwolfia vomitoria [along with his other supplements] for several years before I went off them completely."

"It has been 25 years, and I have been in good health ever since."

## Rauwolfia takes on 'incurable' ovarian cancer, too

Like pancreatic cancer, a diagnosis of ovarian cancer almost always comes with a bleak prognosis, and little chance of survival. Also like pancreatic cancer, ovarian cancer almost always becomes resistant to treatment.

And here, again, Rauwolfia (specifically, Beljanksi's extract)could make a life-changing difference. Though it still has not been studied in a human clinical trial, the most recent animal study showed stunning results.

In this study,[5] Rauwolfia was tested, both on its own and combined with carboplatin (CP, a common chemotherapy used to treat ovarian cancer) in mice with ovarian cancer. Rauwolfia alone suppressed tumor growth by up to 66%... an amazing result.

But even more astonishing was the result of the Rauwolfia plus CP combination, which reduced the tumors by up to 90%. Researchers also discovered that a lower dose of CP could be used when it was combined with Rauwolfia, and that could help reduce the drug's heavy side effect profile.

## ROVOL V® may help you live through pancreatic cancer

With a small but growing body of evidence, it looks like ROVOL V®, the purified Rauwolfia extract created by visionary Dr. Mirko Beljanski, may offer real hope to pancreatic cancer patients—hope that they can live longer and better, without suffering devastating side effects that can destroy quality of life.

The manufacturer recommends taking up to four capsules daily with water.

Remember, ROVOL V® contains NO reserpine at all: it is 100% reserpine-free.

You can find ordering information for ROVOL V® in your Member Source Directory on page 8. HSI

## MEMBER SOURCE DIRECTORY

**HylaVision**, Hyalogic, Inc., PH: (877) 220-8079; www.hylavision.com. HylaVision costs US$24.95, but HSI members can get two bottles of HylaVision for US$39.95 (a 20% discount) plus free shipping plus a free sample of Pure HA Serum (a $30 value). (The phone number and website listed above are exclusively for HSI members, so there's no need to remember a code when ordering.)

**Moringa**, Galilee Tisanes, Ph: (888)414-5833; www.GalileeTisanes.com. Moringa tea costs US$28.99 (plus shipping) for a one box of 100 tea bags. Galilee Tisanes is offering two special deals to HSI members: Get free shipping with the purchase of two boxes OR Get free shipping plus a $7 discount with the purchase of three boxes. Simply mention HSI to take advantage of these special savings.

**ROVOL V®**, Natural Source International, Ltd. Ph: (212) 308-7066; www.natural-source.com. ROVOL V costs US$70.00 (plus shipping) for a 100-count bottle. HSI members will get a special 20% discount on ROVOL V through January 15, 2015. Simply use code HSIR14 when you order.

**HSI website log-on info (DECEMBER): Username: dec2014 Password: health**

***Please note**: HSI receives no compensation for providing editorial coverage for the products that appear in your Members Alert. HSI is a subsidiary of the same holding company as NewMarket Health Products, the distributor of NorthStar Nutritionals, Best Health Nutritionals, and Real Advantage Nutrients. HSI verifies all product information when the Members Alert is written; however, pricing and availability can change by the time the issue is delivered. We regret that not all products are available in all locations worldwide. The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*